As shown in Fig. 2, in an initial encounter 20, the user is prompted to input various information, first identifying himself 21. If the user is previously known to the system 22, as shown in Fig. 3, in a subsequent encounter 40, the prior data is employed, and the user need only update information 41, including any change in health status, diet, non-compliance with prior proposal, weight, diagnostic tests, preferences, or economic constraints. Of course, the user may also edit or change any prior information 42, which is entered 43, then verified 44, and finally saved 45. However, safeguards are placed to prevent intentional deception of the system to force an unsafe or unwise proposal 46, by placing risk limits and noting unexpected changes in data. Safeguards are also placed to prevent unauthorized intrusion into an individual's personal information records.